

In the Name of God

Curriculum Vitae

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• **Papers in international journals**

1. Behnaz Abiri, Majid Valizadeh, Lara Nasreddine, Farhad Hosseinpanah. Dietary determinants of healthy/unhealthy metabolic phenotype in individuals with normal weight or overweight/obesity: a systematic review, *Critical Reviews in Food Science and Nutrition* 2022, DOI: 10.1080/10408398.2021.2025036. [Epub ahead of print]

2. Erfan Tasdighi, Maryam Barzin, Kamal K. Mahawar, Farhad Hosseinpanah, Amir Ebadinejad, Nazanin Taraghikhah, Anahita Mansoori, Alireza Khalaj, Mahtab Niroomand, Majid Valizadeh, **Behnaz Abiri***. Effect of biliopancreatic limb length on weight loss, postoperative complications and remission of comorbidities in One Anastomosis Gastric Bypass: a systematic review and meta-analysis. *Obesity Surgery*. (Accepted)

3. Behnaz Abiri, Parvin Sarbakhsh, Mohammadreza Vafa. Randomized study of the effects of vitamin D and/or magnesium supplementation on mood, serum levels of BDNF, inflammation,

and SIRT1 in obese women with mild to moderate depressive symptoms. *Nutritional neuroscience*. 2021 Jul 2:1-13. doi: 10.1080/1028415X.2021.1945859. Epub ahead of print. PMID: 34210242.

4. Shirin Amini, Sima Jafarirad, **Behnaz Abiri** (2021): Vitamin D, testosterone and depression in middle-aged and elderly men: a systematic review, *Critical Reviews in Food Science and Nutrition* 2021, DOI: 10.1080/10408398.2021.2015284. [Epub ahead of print]

5. Shirin Amini, Sima Jafarirad, **Behnaz Abiri**, et al. Traditional and Dairy Products and Vegetables Dietary Patterns Are Inversely Associated with the Risk of Cataract in the Middle Age and Aged Population: A Case-Control Study. *J Nutr Health Aging* 25, 1248-1254 (2021).

6. Houra Mohseni, Shirin Amini, **Behnaz Abiri**, Mojtaba Kalantar. Comparison of the History of Food Intakes of Diabetic, Hypertension, and Heart Disease Patients with Clinical Symptoms of COVID-19 and Asymptomatic Controls. *Arch Clin Infect Dis*. 2021 June; 16(3):e111462.

7. **Behnaz Abiri**, Mohammadreza Vafa. "Nutrition and sarcopenia: A review of the evidence of nutritional influences." *Critical reviews in food science and nutrition*. 59,9 (2019): 1456-1466.

8. Fatemeh Haidari, **Behnaz Abiri**, Masood Iravani, et al. "Effects of vitamin D and omega-3 fatty acids co-supplementation on inflammatory biomarkers, tumor marker CEA, and nutritional status in patients with colorectal cancer: a study protocol for a double blind randomized controlled trial." *Trials*. 20,1 682. 9 Dec. 2019.

9. Fatemeh Haidari, **Behnaz Abiri**, Masood Iravani, et al. "Effects of Vitamin D and Omega-3 Fatty Acids Co-Supplementation on Inflammatory Factors and Tumor Marker CEA in Colorectal Cancer Patients Undergoing Chemotherapy: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial." *Nutrition and cancer* vol. 72,6 (2020): 948-958.

10. Fatemeh Haidari, **Behnaz Abiri**, Masood Iravani, et al. "Randomized Study of the Effect of Vitamin D and Omega-3 Fatty Acids Cosupplementation as Adjuvant Chemotherapy on

Inflammation and Nutritional Status in Colorectal Cancer Patients.” *Journal of dietary supplements*. 17,4 (2020): 384-400.

11. Fatemeh Haidari, **Behnaz Abiri**, Masood Iravani, et al. “The Effects of UVB and Vitamin D on Decreasing Risk of Colorectal Cancer Incidence and Mortality: A Review of the Epidemiology, Clinical Trials, and Mechanisms.” *Nutrition and cancer*. 71,5 (2019): 709-717.

12. **Behnaz Abiri**, Mohammadreza Vafa. “Iron Deficiency and Anemia in Cancer Patients: The Role of Iron Treatment in Anemic Cancer Patients.” *Nutrition and cancer*. 72,5 (2020): 864-872.

13. Reihaneh Abdollahi, **Behnaz Abiri**, Parvin Sarbakhsh, Maryam Kashanian, Mohammadreza Vafa. The Effect of Vitamin D Supplement Consumption on Premenstrual Syndrome in Vitamin D- deficient Young Girls: A Randomized, Double-blind, Placebo-controlled Clinical Trial. *Complement Med Res*. 2019;26(5):336-342.

14. Fatemeh Jalali, Ali Gholamrezaei, Malihe Nasiri, Mohammadreza Vafa, **Behnaz Abiri**, Giti Ozgoli. Effect of Vitamin D Therapy on Sexual Function in Women with Sexual Dysfunction and Vitamin D Deficiency: A Randomized, Double-Blind, Placebo Controlled Clinical Trial. *J Urol*. 2019 May;201(5):987-993.

15. **Behnaz Abiri**, Mohammadreza Vafa*, Parvin Sarbakhsh, Leila Saleck, Elnaz Mousavi, Fatemeh Sadat Amiri, Zohreh Amiri. The Association of Intelligence Quotient with Obesity and Some Related Factors in Children Girls. *Progr Nutr*. 2018 Dec. 11 [cited 2022 Jan. 12];20(2-S):218-24.

16. Mohammadreza Vafa, Fatemeh Azizi-Soleiman, Morteza Safavi, Seyyed Morteza Kazemi, Masood Salehi, Farid Zaeri, **Behnaz Abiri**, Homa Sadeghi. Comparing the effectiveness of vitamin D plus iron vs vitamin D on depression scores in anemic females: Randomized triple-masked trial. *Med J Islam Repub Iran*. 2019 Jul 3;33:64.

- 17.** Fatemeh Azizi-Soleiman, Mohammadreza Vafa, **Behnaz Abiri**, Morteza Safavi. Effects of Iron on Vitamin D Metabolism: A Systematic Review. *Int J Prev Med*. 2016 Dec 5;7:126.
- 18.** **Behnaz Abiri**, Mohammadreza Vafa. Vitamin D and sarcopenia. *Adv Obes Weight Manag Control*. 2017;6(3):82-84.
- 19.** **Behnaz Abiri**, Mohammadreza Vafa. Dietary omega-3 polyunsaturated fatty acids and treatment of cancer. *Adv Obes Weight Manag Control*. 2018;8(3):198-201.
- 20.** **Behnaz Abiri**, Mohammadreza Vafa, Mohsen Dehghani, Javad Sarrafzadeh, Nazanin Moslehi. Effect of Vitamin D Supplement Consumption on Muscle Strength, Muscle Function and Body Composition in Vitamin D-deficient Middle-aged Women: A Randomized Clinical Trial. *Nutrition and Food Sciences Research*. 2016; 3(3): 17-24.
- 21.** **Behnaz Abiri**, Mohammadreza Vafa, Zohreh Amiri, Asma Malkami, Aida Aref-Azar. The Association of Food Intake and Physical Activity with Body Composition, Muscle Strength and Muscle Function in Postmenopausal Women. *Nutrition and Food Sciences Research*. 2017; 3(3): 17-24.
- 22.** **Behnaz Abiri**, Mohammadreza Vafa. Nutrition and Cancer: A Review of the Evidence of Nutritional Influences and Related Mechanisms. *Journal of Oncology Research and Treatment*. 2019, 4:1.
- 23.** **Behnaz Abiri**, Roya Kelishadi, Homa Sadeghi, Fatemeh Azizi-Soleiman. Effects of Maternal Diet During Pregnancy on the Risk of Childhood Acute Lymphoblastic Leukemia: A Systematic Review. *Nutr Cancer*. 2016 Oct;68(7):1065-72.
- 24.** Fatemeh Haidari, Majid Mohammadshahi, **Behnaz Abiri**, Mehdi Zarei, Mojdeh Fathi. Cinnamon extract supplementation improves inflammation and oxidative stress induced by acrylamide: An experimental animal study. *Avicenna J Phytomed*. 2020 May-Jun;10(3):243-252.
- 25.** Fatemeh Haidari, **Behnaz Abiri**. Chlorella and Treatment of Primary Dysmenorrhea: A Mini Review. *Arch Obstet Gynecol Reprod Med*. 2019. 2(2): 40-42.

- 26.** Fatemeh Haidari, **Behnaz Abiri**, Mohammadhossein Haghizadeh, Gholam-Abbas Kaiedani, Negar Karimi-Birgani. Association of Hematological Parameters with Obesity- Induced Inflammation Among Young Females in Ahvaz, South-West of Iran. *Int J Prev Med.* 2020;11:55.
- 27.** **Behnaz Abiri**, Mohammadreza Vafa, Fatemeh Azizi-Soleiman. Prevalence of anemia according to some hematological parameters among reproductive age females in Kermanshah, Western Iran. *Journal of Nutrition and Food Security.* 2019; 4(4): 243-248.
- 28.** Freshteh Momeni, Maryam Javadi, Isa Mohammadi-Zeidi, **Behnaz Abiri**, Parvin Sarbakhsh, Mohammadreza Vafa. The association of sleep quality with dietary intake and rate of general and central obesity among young female students in Qazvin, Iran. *Journal of Nutrition and Food Security.* 2020; 5(3): 218-227.
- 29.** **Behnaz Abiri**, Parvin Sarbakhsh, Mohammadreza Vafa. Prevalence of overweight, obesity and associated risk factors in healthy female adolescents in Tehran, Iran. *Cent Asian J Glob Health.* 2019;8(1):413.
- 30.** **Behnaz Abiri**, Mohammadreza Vafa, Parvin Sarbakhsh, Leila Saleck, Elnaz Mousavi, Jafar Hasani. The relationship between emotional intelligence with obesity and some associated factors in children girls. *International Journal of Psychiatric and Mental Health.* 2020; 1(2): 1-5.
- 31.** **Behnaz Abiri**, Mohammadreza Vafa. Effects of vitamin D and/or magnesium supplementation on mood, serum levels of BDNF, inflammatory biomarkers, and SIRT1 in obese women: a study protocol for a double-blind randomized placebo-controlled trial. *Trials.* 2020 Feb 26;21(1):225.
- 32.** **Behnaz Abiri**, Mohammadreza Vafa. Vitamin C and cancer: the role of vitamin C in disease progression and quality of life in cancer patients. *Nutrition and Cancer.* 2021;73(8):1282-1292.
- 33.** Fatemeh Kheiruri, Javad Sarrafzadeh, Agha Fatemeh Hosseini, **Behnaz Abiri**, Mohammadreza Vafa. Randomized study of the effects of vitamin D and magnesium co-

supplementation on muscle strength and function, body composition, and inflammation in vitamin D-deficient middle-aged women. *Biol Trace Elem Res.* 2021 Jul;199(7):2523-2534.

34. Behnaz Abiri, Mohammadreza Vafa, Fatemeh Azizi-Soleiman, Morteza Safavi, Seyyed Morteza Kazemi, Masood Salehi, Farid Zaeri, Homa Sadeghi. Changes in Bone Turnover, Inflammatory, Oxidative Stress, and Metabolic Markers in Women Consuming Iron plus Vitamin D Supplements: A Randomized Clinical Trial. *Biol Trace Elem Res.* 2021 Jul;199(7):2590-2601.

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36. Elaheh Rabbani, Fatemeh Golgiri, Leila Janani, Nariman Moradi, Soudabeh Fallah, **Behnaz Abiri**, Mohammadreza Vafa. Randomized Study of the Effects of Zinc, Vitamin A and Magnesium Co-supplementation on Thyroid Function, Oxidative Stress and hs-CRP in Hypothyroid Patients. *Biol Trace Elem Res.* 2021 Nov;199(11):4074-4083.

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38. Houra Mohseni, Shirin Amini, **Behnaz Abiri**, Mojtaba Kalantar, Masoumeh Kaydani, Barat Barati, Elham Pirabbasi, Faezeh Bahrami. Are history of dietary intake and food habits of patients with clinical symptoms of COVID 19 different from healthy controls? A case-control study. *Clin Nutr ESPEN.* 2021, 42: 280-285.

39. Behnaz Abiri, Mohammadreza Vafa. Impact of coenzyme Q10 on inflammation biomarkers and its role in future therapeutic strategies. *Clin Nutr ESPEN.* 2021 Jun;43:25-30.

40. Mitra Aliahmadi, Fatemehsadat Amiri, Leila Sadat Bahrami, Agha Fatemeh Hosseini, **Behnaz Abiri**, Mohammadreza Vafa. Effects of raw red beetroot consumption on metabolic markers and cognitive function in type 2 diabetes patients. *J Diabetes Metab Disord*. 2021 Apr 21;20(1):673-682.
41. Majid Mohamadshahi, Habib Haybar, Aghdas Mousavi-Borazjani, Mohammadhossein Haghighizadeh, **Behnaz Abiri**. The association between dietary patterns with severity of coronary artery stenosis, serum leptin-to-adiponectin ratio, and some related risk factors in patients with coronary artery disease. *J Diabetes Metab Disord*. 2021 Apr 26;20(1):697-708.
42. Ramin Taghizadeh, Shima Jazayeri, Parvin Sarbakhsh, Seyed Sina Madani, Helma Ahmadi, **Behnaz Abiri**, Mohammadreza Vafa. The Relationship between Depression, Anxiety, and Stress with Eating Behaviors. *Iranian Journal of Psychiatry* (Accepted).
43. **Behnaz Abiri**, Shirin Amini, Mohammadreza Vafa. Vitamin D deficiency during pregnancy: The health consequences of vitamin D supplementation in mother and infant. *International Journal of Research Studies in Medical and Health Sciences*. 2021; 6(7):24-32.
44. **Behnaz Abiri**, Farhad Hosseinpanah, Seyyed Ataollah Madinehzad, Majid Valizadeh. Mental health and quality of life in different obesity phenotypes: a systematic review. *Health and Quality of Life Outcomes*. 2022; 20(1): 1-14.
45. Majid Valizadeh, Amirhossein Ramezani Ahmadi, Amir Ebadinejad, Fatemeh Rahmani, **Behnaz Abiri***. Diagnostic accuracy of bilateral inferior petrosal sinus sampling using desmopressin or corticotropin-releasing hormone in ACTH-dependent Cushing's syndrome: A systematic review and Meta-analysis. *Reviews in Endocrine and Metabolic Disorders*. 2022.
46. Valizadeh M, Bazrafshan A, Eftekharezadeh A, Hosseinpanah F, Barzin M, **Behnaz Abiri***. A Bibliometric Study of Scientific Literature on Obesity Research in Web of Science Database (2008-2020): Evidence from the MENA Region. *Iran J Public Health*. 2023 May;52(5):1081-1088.

47. Hanieh Irani, Banafsheh Khodami, **Behnaz Abiri**, Atoosa Saidpour. Effect of time restricted feeding on anthropometric measures, eating behavior, stress, brain derived neurotrophic factor (BDNF) and lipopolysaccharide binding protein (LBP) levels in women with overweight/obesity and food addiction: a study protocol for a randomized clinical trial. *Trials* 23, 482 (2022).

48. Behnaz Abiri, Fatemeh Koochi, Amir Ebadinejad, Majid Valizadeh, Farhad Hosseinpanah. Transition from metabolically healthy to unhealthy overweight/obesity and risk of cardiovascular disease incidence: a systematic review and meta-analysis. *Nutrition, Metabolism, and Cardiovascular diseases*. (Accepted)

49. Sanaz Jamshidi, Seyed Jalil Masoumi, **Behnaz Abiri**, Mohammadreza Vafa. Effects of synbiotic and/or vitamin D supplementation on gut-muscle axis in overweight and obese women: a study protocol for a double-blind, randomized, placebo controlled trial. *Trials*.

50. Behnaz Abiri, Amini S, Hejazi M, Hosseinpanah F, Zarghi A, Abbaspour F, Valizadeh M. Tea's anti-obesity properties, cardiometabolic health-promoting potentials, bioactive compounds, and adverse effects: A review focusing on white and green teas. *Food Sci Nutr*. 2023 Aug 15;11(10):5818-5836.

51. Amir Ebadinejad, Maryam Barzin, **Behnaz Abiri**, Maryam Mahdavi, Alireza Khalaj, Danial Ebrahimi, Farhad Hosseinpanah and Majid Valizadeh. The effect of bariatric surgery in comparison with the control group on the prevention of comorbidities in people with severe obesity: a prospective cohort study. *BMC Surgery*. 2022.

52. Sanaz Jamshidi, Seyed Jalil Masoumi, **Behnaz Abiri**, Javad Sarrafzadeh, Mohammadreza Vafa. The effect of synbiotic and vitamin D co-supplementation on body composition and quality of life in middle-aged overweight and obese women: A randomized controlled trial. *Clinical Nutrition ESPEN*. 2022.

53. Behnaz Abiri, Amirhossein Ramezani Ahmadi, Amir Ebadinejad, Farhad Hosseinpanah, Majid Valizadeh. Effects of sodium-glucose co-transporter-2 inhibitors on anthropometric indices

and metabolic markers in overweight/obese individuals without diabetes: a systematic review and meta-analysis. *Current Medical Research and Opinion*. 2022.

54. Behnaz Abiri, Majid Valizadeh, Shirin Amini, Roya Kelishadi, Farhad Hosseinpanah. Risk factors, cutoff points and definition of metabolically healthy/unhealthy obesity in children and adolescents: a scoping review of the literature, *obesity reviews* 2023

55. Behnaz Abiri, Amirhossein Ramezani Ahmadi, Mahdi Hejazi, Shirin Amini. Obesity, Diabetes Mellitus, and Metabolic Syndrome: Review in the Era of COVID-19. *Clin Nutr Res*. 2022 Oct;11(4):331-346.

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57. Nastaran Hariri, Sahar Darafshi Ghahroudi, Siroos Jahangiri, Asal Ataie-Jafari, Nima Hosseinzadeh, **Behnaz Abiri**, Atoosa Saidpour. Sumac (*Rhus coriaria* L.) powder supplementation has beneficial effects on appetite in overweight/obese women with depression: A randomized controlled trial. *Complementary Therapies in Clinical Practice* 51 (2023) 101734.

58. Behnaz Abiri, Amirhossein Ramezani Ahmadi, Maryam Mahdavi, Farhad Hosseinpanah, Atieh Amouzegar, Majid Valizadeh. Association between different metabolic phenotypes and the development of hypothyroidism: 9 years follow-up of Tehran thyroid study. *Front. Endocrinol*. 14:1134983. doi: 10.3389/fendo.2023.1134983.

59. Fateme Ghafouri-Taleghani, **Behnaz Abiri**, Ali Zamanian, Atoosa Saidpour. Effects of probiotic supplementation with weight reducing intervention on anthropometric measures, body composition, eating behavior, and related hormone levels in patients with food addiction and weight regain after bariatric surgery: a study protocol for a randomized clinical trial. *BMC Nutrition* (2023) 9:63.

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61. Behnaz Abiri, Ahmadi AR, Amini S, Akbari M, Hosseinpanah F, Madinehzad SA, Hejazi M, Rishehri AP, Naserghandi A, Valizadeh M. Prevalence of overweight and obesity among Iranian population: a systematic review and meta-analysis. *J Health Popul Nutr.* 2023 Jul 24;42(1):70.

62. Behnaz Abiri, Amini S, Ehsani H, Ehsani M, Adineh P, Mohammadzadeh H, Hashemi S. Evaluation of dietary food intakes and anthropometric measures in middle-aged men with aggressive symptoms. *BMC Nutr.* 2023 Jun 26;9(1):75.

63. Irani H, **Behnaz Abiri**, Khodami B, Yari Z, Lafzi Ghazi M, Hosseinzadeh N, Saidpour A. Effect of time restricted feeding on anthropometric measures, eating behavior, stress, serum levels of BDNF and LBP in overweight/obese women with food addiction: a randomized clinical trial. *Nutr Neurosci.* 2023 Jul 12:1-13.

64. Behnaz Abiri, Hosseinpanah F, Seifi Z, Amini S, Valizadeh M. The Implication of Nutrition on the Prevention and Improvement of Age-Related Sarcopenic Obesity: A Systematic Review. *J Nutr Health Aging.* 2023;27(10):842-852.

65. Valizadeh, A., Nikoohemmat, M., Ebadinejad, A. **Behnaz Abiri***. Metabolic syndrome as a risk factor for the development of kidney dysfunction: a meta-analysis of observational cohort studies. *J Diabetes Metab Disord* (2023). <https://doi.org/10.1007/s40200-023-01348-5>.

66. Amini, S., Mohseni, H., **Behnaz Abiri***, and Jafarirad, S. (2023), "The role of saffron (*Crocus sativus* L) on testosterone and depression in andropause middle-aged and elderly men: a systematic review", *Nutrition & Food Science*, Vol. 53 No. 8, pp. 1419-1436.

67. Behnaz Abiri, Ahmadi AR, Mahdavi M, Amouzegar A, Valizadeh M. Association between thyroid function and obesity phenotypes in healthy euthyroid individuals: an investigation based on Tehran Thyroid Study. *Eur J Med Res.* 2023 May 30;28(1):179.

68. Moradi M, **Behnaz Abiri**, Rampisheh Z, Sarbakhsh P, Tayefi B, Vafa M. Relationships between Eating Behaviors with Anthropometric Indices and Perceived Stress in Working Women. *Nutr Food Sci Res* 2022; 9 (4) :37-42.

69. Ahmadi AR, Shirani F, **Behnaz Abiri**, Siavash M, Haghighi S, Akbari M. Impact of omega-3 fatty acids supplementation on the gene expression of peroxisome proliferator activated receptors- γ , α and fibroblast growth factor-21 serum levels in patients with various presentation of metabolic conditions: a GRADE assessed systematic review and dose-response meta-analysis of clinical trials. *Front Nutr.* 2023 Nov 15;10:1202688.

70. Behnaz Abiri, Valizadeh M, Ramezani Ahmadi A, Amini S, Nikoohemmat M, Abbaspour F, Hosseinpanah F. Association of vitamin D levels with anthropometric and adiposity indicators across all age groups: a systematic review of epidemiologic studies. *Endocr Connect.* 2024 Jan 4;13(2):e230394.

- **Research projects**

1. The Association of Food Intake and Physical Activity with Body Composition, Muscle Strength and Muscle Function in Postmenopausal Women.

2. The Association of Intelligence Quotient with Obesity and Some Related Factors in Children Girls

3. The association of breastfeeding with eating preferences and behaviors in children girls in Tehran

4. Comparing the effectiveness of vitamin D plus iron vs vitamin D on inflammation, oxidative stress, and glucose and lipid profile in non-menopausal women

- 5.** Prevalence of overweight, obesity and associated risk factors in healthy female adolescents in Tehran, Iran
- 6.** Effect of Vitamin D Supplement Consumption on Muscle Strength, Muscle Function and Body Composition in Vitamin D-deficient Middle-aged Women
- 7.** The Effect of Vitamin D Supplement Consumption on Premenstrual Syndrome in Young Girls
- 8.** The relationship between emotional intelligence with obesity and some associated factors in children girls
- 9.** Effect of vitamin D and omega-3 fatty acids co-supplementation on liver function, inflammation, and oxidative stress in colorectal cancer patients
- 10.** Association of breastfeeding with cellular senescence in children
- 11.** Effects of vitamin D and/or magnesium supplementation on mood, serum levels of BDNF, inflammatory biomarkers, and SIRT1 in obese women
- 12.** Association of nutrition status and food intake with mental health among elderly population in Shiraz
- 13.** Effect of vitamin D and omega-3 fatty acids co-supplementation as adjuvant chemotherapy on tumor marker CEA, inflammation and nutritional status in colorectal cancer patients
- 14.** Association between eating behaviors with anthropometric indices and perceived stress in healthy adult women
- 15.** The effect of consumption of some micronutrients on Thyroid function, lipid profile and glycemic status in hypothyroid patients
- 16.** The association of plant-based dietary index with occupational stress, general health, anthropometric status, and biochemical factors in office, shift, and operational staff
- 17.** Effects of synbiotic and/or vitamin D supplementation on gut-muscle axis in overweight and obese women: a study protocol for a double-blind, randomized, placebo controlled trial
- 18.** Comparison of alterations in bone turnover markers after sleeve gastrectomy or Roux-en-Y gastric bypass: a systematic review and meta-analysis

- 19.** Comparison of the weight loss, postoperative complications, and remission of comorbidities between one anastomosis gastric bypass and sleeve gastrectomy in super obese patients: a systematic review and meta-analysis
- 20.** Mental health and health-related quality of life in different obesity phenotypes: a systematic review
- 21.** Effect of Empagliflozin and Topiramate co-administration on anthropometric indices and metabolic markers in individuals with excess weight on a calorie restricted diet
- 22.** Effects of sodium-glucose co-transporter-2 inhibitors on anthropometric indices and metabolic markers in overweight/obese individuals without diabetes: a systematic review and meta-analysis
- 23.** Prevalence in overweight and obesity in Iranian population during the last decade: a systematic review and meta-analysis
- 24.** Association between adiposity indicators and risk of kidney disease: a systematic review and meta-analysis
- 25.** Association between metabolic syndrome and risk of kidney disease: a systematic review and meta-analysis
- 26.** Defining metabolically healthy/unhealthy obesity in children and adolescents: a systematic review
- 27.** Investigating the association between body composition indicators and carotid intima media thickness: a systematic review and meta-analysis
- 28.** Association between obesity indicators and risk of thyroid cancer: a systematic review and meta-analysis
- 29.** Investigating the association of vitamin D level with anthropometric and body composition indices across all age groups: a systematic review
- 30.** Investigating the dietary determinants of the the prevention and improvement of age-related sarcopenic obesity: A systematic review
- 31.** Investigating the association between obesity phenotypes and risk of kidney disease: a systematic review and meta-analysis

32. Investigating the association between different obesity phenotypes and pre-sarcopenia during 3 years of follow-up: Tehran lipid and glucose study

33. Investigating the trend of obesity and some related factors in children and adolescents: Tehran Lipid and Glucose Study (21 years follow-up)

- **Published books**

1. Nutrition and Cancer, Practical Applications for Prevention and Treatment. Mohammadreza Vafa, **Behnaz Abiri**, Masood Irvani. (**Writing**, Published 2017).

2. Practical Guideline for Healthy Nutrition and Weight Control in Early Life. Mohammadreza Vafa, **Behnaz Abiri**. (**Writing**, Published 2018).

3. Evolutionary of long-term effects of breastfeeding effects on health. Mohammadreza Vafa, **Behnaz Abiri**. (**Writing**, Published 2017).

4. Nutrition management in hereditary metabolic diseases. Mohammadreza Vafa, **Behnaz Abiri**. (**Writing**, Published 2020).

5. The glycemic index: applications in practice. Mohammadreza Vafa, **Behnaz Abiri**. (**Translation**, Published 2016).

6. Clinical nutrition and aging: sarcopenia and muscle metabolism. **Behnaz Abiri**, Mohammadreza Vafa. (**Translation**, Published 2016).

7. Nutrition, fertility, and human reproductive function. **Behnaz Abiri**, Nazanin Asghari, Mohammadreza Vafa. (**Translation**, Published 2016).

8. Nutrition, exercise, and epigenetics: interventions for aging. **Behnaz Abiri**, Mohammadreza Vafa. (**Translation**, Published 2017).

9. Anti-aging nutrients. **Behnaz Abiri**, Amirhossein Ramezani, Nazanin Asghari, Mohammadreza Vafa. (**Translation**, Published 2017).

10. Williams' basic nutrition and diet therapy. Amirhossein Ramezani, Mahdi Sadeghian, **Behnaz Abiri**, Mohammadreza Vafa. (**Translation**, Published 2018).

11. Eat, drink, and be healthy. Mohammadreza Vafa, **Behnaz Abiri**. (Translation, Published 2018).
12. Optimizing physical performance during fasting and dietary restriction. **Behnaz Abiri**, Reihaneh Mousavi, Mohammadreza Vafa. (Translation, Published 2019).
13. Dietary lipids for healthy brain function. Mohammadreza Vafa, **Behnaz Abiri**. (Translation, Published 2020).
14. Williams' nutrition during life course. Amirhossein Ramezani, Mahdi Sadeghian, **Behnaz Abiri**, Mohammadreza Vafa. (Translation, Published 2019).
15. This is your brain on food. Parastoo Moghimi, **Behnaz Abiri**, Mohammadreza Vafa. (Translation, Published 2021).

- **Book Chapters**

1. **Behnaz Abiri**, Mohammadreza Vafa. Dietary Restriction, Cardiovascular Aging and Age-Related Cardiovascular Diseases: A Review of the Evidence. In: P. C. Guest (ed.), Reviews on Biomarker Studies in Aging and Anti-Aging Research.
2. **Behnaz Abiri**, Mohsen Dehghani, Mohammadreza Vafa. Effect of Vitamin D Supplementation on Muscle Strength, Muscle Function and Body Composition in Vitamin D-deficient Middle-aged Women. In: P. C. Guest (ed.), Clinical and Pre-clinical Models for Maximizing Healthspan: Methods and Protocols.
3. Mohammadreza Vafa, **Behnaz Abiri**, Mohsen Dehghani. The Association of Food Intake and Physical Activity with Body Composition, Muscle Strength and Muscle Function in Postmenopausal Women. In: P. C. Guest (ed.), Clinical and Pre-clinical Models for Maximizing Healthspan: Methods and Protocols.
4. Fatemeh Haidari, **Behnaz Abiri**, Masood Iravani, Seyed-Mohsen Razavi, Mohammadreza Vafa. Randomized Study Design to Test Effects of Vitamin D and Omega-3 Fatty Acid Supplementation as Adjuvant Therapy in Colorectal Cancer Patients. In: P. C. Guest (ed.), Clinical and Pre-clinical Models for Maximizing Healthspan: Methods and Protocols.

5. **Behnaz Abiri**, Mohammadreza Vafa. Vitamin D and muscle sarcopenia in aging. In: P. C. Guest (ed.), *Clinical and Pre-clinical Models for Maximizing Healthspan: Methods and Protocols*.
6. **Behnaz Abiri**, Mohammadreza Vafa. The role of nutrition in attenuating age-related skeletal muscle atrophy. In: P. C. Guest (ed.), *Reviews on New Drug Targets in Age-Related Disorders*.
7. **Behnaz Abiri**, Mohammadreza Vafa. Micronutrients that affect immunosenescence. In: P. C. Guest (ed.), *Reviews on New Drug Targets in Age-Related Disorders*.
8. **Behnaz Abiri**, Mohammadreza Vafa. Antioxidant vitamins in acute lymphoblastic leukemia. In Preedy & Patel (ed) - *Cancer, 2e: Oxidative Stress and Dietary Antioxidants*.
9. **Behnaz Abiri**, Paul C. Guest, Mohammadreza Vafa. Experience in Nutrition Management of Diabetes-affected COVID-19 Patients. In: P. C. Guest (ed.), *Clinical, Biological, Molecular Aspects of COVID-19*.
10. **Behnaz Abiri**, Paul C. Guest, Mohammadreza Vafa. Obesity and risk of COVID-19 infection and severity: available evidence and mechanisms. In: P. C. Guest (ed.), *Clinical, Biological, Molecular Aspects of COVID-19*.
11. Mina Karimi, **Behnaz Abiri**, Paul C. Guest, Mohammadreza Vafa*. Therapeutic Effects of Resveratrol on Non-alcoholic Fatty Liver Disease through Inflammatory, Oxidative Stress, Metabolic, and Epigenetic Modifications. In: P. C. Guest (ed.), *Physical Exercise and Natural Products in Health and Disease: Methods and Protocols*.
12. **Behnaz Abiri**, Mohammadreza Vafa. Protecting children from unfavorable food marketing. In: Roya Kelishadi (ed.), *Childhood Obesity: Causes, Prevention and Management*.
13. **Behnaz Abiri**, Mohammadreza Vafa. Effect of school programs for healthy eating and active living to prevent childhood obesity. In: Roya Kelishadi (ed.), *Childhood Obesity: Causes, Prevention and Management*.
14. Fatemeh Haidari, Majid Mohammadshahi, **Behnaz Abiri**, Paul C. Guest, Mehdi Zarei, Mojdeh Fathi*. Testing the Effects of Cinnamon Extract Supplementation on Inflammation and Oxidative

Stress Induced by Acrylamide . In: P. C. Guest (ed.), Physical Exercise and Natural Products in Health and Disease: Methods and Protocols.

15. Behnaz Abiri, Paul C. Guest, Mohammadreza Vafa. How do we manage breastfeeding during the COVID-19 pandemic? In: P. C. Guest (ed.), Identification of new biomarkers, new treatments, and vaccines for COVID-19.

16. Behnaz Abiri, Paul C. Guest, Parvin Sarbakhsh, Mohammadreza Vafa. Testing the physical and molecular effects of nutritional supplements and resistance exercise in middle-aged females. In In: P. C. Guest (ed.), Physical Exercise and Natural Products in Health and Disease: Methods and Protocols.

- **Skills**

Working with Laboratory Animals (rat & mice)

Mice body composition

Mice retro orbital blood sampling

ELISA

Real time PCR

Cell culture